

CITY OF LAKE FOREST

Spring 2011
March, April, May

Leisure Times



PULL OUT & SAVE!



Bunny Blast: "An Egg Wonderland"

Saturday, April 16, 2011



See page 1 for more info



LEISURE TIMES INDEX

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Contact Information

Lake Forest Community Center
25550 Commercentre Dr
Lake Forest, CA 92630
461-3450
www.lakeforestca.gov

Etnies Skatepark
of Lake Forest 916-5870
www.etnieskateparkoflakeforest.com

Lake Forest Teens 461-3446
www.LFteens.com

Lake Forest Seniors 461-3408
www.lakeforestca.gov/seniors

IVC Emeritus
Registration 451-5555

SVUSD
Recreation 768-0981, press 3

Building Inspection 461-3470

City Clerk 461-3420

City Council 461-3422

City Manager's Office . . . 461-3410

Community
Policing Center 461-3530

Employment Hotline 461-3418

Fields Hotline 461-3595

Graffiti Hotline 461-3583

Planning 461-3491

Public Works 461-3480

Recreation 461-3450

Redevelopment 461-3567

Front Cover Photo: John McGuire

Community Services Spring Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

For general questions regarding Community Services Programs on these days visit the City website at www.lakeforestca.gov. You can also register for programs even on these closed days. Visit our on-line registration at online.activecommunities.com/lifeonline.

The Community Services Department will be closed on the following holidays: (No classes will be held on these dates.)

- Monday, May 30 (Memorial Day)



City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better!

During the months of March, April, and May, City Hall is closed on the following Fridays:

- March 4
- March 18
- April 1
- April 15
- April 29
- May 13
- May 27

CITY SPECIAL EVENTS



Bunny Blast "An Egg Wonderland"

March on down for a hopping good time as we celebrate Bunny Blast: "An Egg Wonderland!" Enjoy a fun-filled event for the whole family with a day of activities including game booths, crafts, face painting, a balloon artist, and an egg scramble. Delight in the entertainment, including a strolling magician, DJ, and music. The Queen of Hearts will be holding court along with Alice and her Wonderland friends. Don't be late for this very important date!



Fee: Free (nominal fee for games, activities and food)

Location: El Toro Park (23701 Los Alisos Blvd)

For more info call: The City of Lake Forest at 461-3450

Families Apr 16 Sat 11:00 am-3:00 pm



Rancho Days Fiesta at Heritage Hill Historical Park

Visit Heritage Hill Historical Park and celebrate the colorful history of Saddleback Valley, with entertainment and activities for the whole family! Children's activities include piñatas and free crafts projects.



Help churn and taste homemade ice cream and butter, and sample warm bread from the horno (clay) oven. Dip candles and grind corn while learning about the early days of Orange County. Make your own pottery to take home and meet early Californians "Governor Juan B. Alvarado and Maria Grijalva Yorba." There will be many fun activities for Rancheros of all ages. Be sure to visit the City of Lake Forest Community Services information/game booth for a preview of the summer's special events.

Fee: \$3.00 children (3-12 years) and \$4.00 adults

Location: Heritage Hill Historical Park (25151 Serrano Rd)

Registration: Day of event registration only

For more info call: Heritage Hill Historical Park at 923-2230

Families May 1 Sun 11:00 am-3:00 pm



Prelude in the Park: A Celebration of Music at Pittsford Park

The City of Lake Forest is proud to present "Prelude in the Park," a unique collaboration with El Toro High School Instrumental Music Department. This exciting event will feature performances by the El Toro High School String Orchestra, Symphonic Band, Wind Ensemble, Jazz Band, Color Guard, and Percussion Ensemble, in addition to family fun, food, and festivities. Concert selections include a wide variety of music ranging from English orchestral to traditional American wind band to modern jazz; a perfect way to introduce your family to a large vocabulary of musical styles. There will also be fun activities for all ages.

Fee: Free (nominal fee for food)

Location: Pittsford Park (21701 Pittsford Dr)

For more info call: The City of Lake Forest at 461-3450

**Families May 22 Sun Pre-concert activities 3:30-5:00 pm
Concert 5:00-6:30 pm**



Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO... we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7.00 per person

Location: Lake Forest Community Center
(25550 Commercentre Dr)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2015	Adults/Seniors	Mar 18	Fri	7:00-9:30 pm
Act#: 2016	Adults/Seniors	Apr 29	Fri	7:00-9:30 pm
Act#: 2017	Adults/Seniors	May 20	Fri	7:00-9:30 pm

Nature Park & Hikes

The City of Lake Forest is partnering with the County of Orange Resources and Development Management Department to provide a Park Ranger to guide the hikes for our continuing series in the "Take a Hike Program." It is strongly recommended that hikers wear a hat, sunscreen and sturdy hiking boots/shoes.

Please note: The level of difficulty varies according to the type of hike scheduled. Please reference the following info in choosing your participation in our hikes:

DIFFICULTY LEVEL

- **Easy** = flat, level ground for the most part with gentle hill(s)
- **Moderate** = some level ground with some steep hills and rough terrain
- **Strenuous** = mostly steep ground with significant rough terrain
- **Very Strenuous** = Steep ground with very rough terrain



* **Note: Both the Sleepy Hollow and Red Rock Canyon Hikes are tentative due to pre-existing trail weather damage.**

*Sleepy Hollow Hike

This is a moderate hike of approx. 3 miles over some steep hills for recommended ages 12+. Hike will encompass rolling hills of spring flowers and oak woodlands, including vista views of Whiting Ranch. Hike will also feature fire ecology and recovery from the 2007 Santiago Ranch Fire.

(Difficulty level = Moderate)

Fee: \$5.00 (includes Snack and Water Bottle)

Location: Concourse Park (18931 Saddleback Ranch Road)

To Register: On Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2010 12 yrs-Adult Apr 23 Sat 9:00 -11:30 am

*Red Rock Canyon Hike

This is an easy hike of approx. 4 miles over gentle grade for ages 7+. Hike will encompass the Borrego trail, a heavily wooded canyon with multiple plant communities, featuring diverse wild-flower displays. Hike will transition to the beautiful geological formation known as Red Rock Canyon.

(Difficulty level = Easy)

Fee: \$5.00 (includes Snack and Water Bottle)

Location: Meet at Whiting Ranch, **Borrego Entrance Parking Lot**, \$3.00 parking fee per car (**Portola and Market St.**), meet by the kiosk.

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2011 7 yrs-Adult May 14 Sat 9:00 am-12:00 pm



SPRING EVENTS AT A GLANCE

DATE	TIME	EVENT	LOCATION	FEE
Fri., Mar. 18	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 per person
Fri., Apr. 15	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 per person
Sat., Apr. 16	11 am-3 pm	Bunny Blast: "An Egg Wonderland"	El Toro Park (23701 Los Alisos Blvd)	Free (nominal fee for games, activities, and food)
Sat., Apr. 23	11 am-1 pm	Spring Skate Egg Hunt at the Park	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 per person
Fri., Apr. 29	6-10 pm	The Gathering - Where Art Meets Skateboarding	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 per person
Sun., May 1	11 am-3 pm	Rancho Days Fiesta	Heritage Hill Historical Park (25151 Serrano Rd)	\$3.00 children 3-12 years old; \$4.00 adults
Sat., May 21	9-11:30 am	Aliso Creek Clean-up Day	Cherry Ave and Fernbank St	Free to attend
Sun., May 22	3:30-6:30 pm	Prelude in the Park	Pittsford Park (21701 Pittsford Dr)	Free (nominal fee for food)
Fri., May 27	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 per person

Aliso Creek Clean-Up Day

Help fight the battle against litter and debris! Join other Lake Forest residents and City staff in removing unsightly litter from a portion of the Aliso Creek. We'll supply the plastic gloves, trash bags, reacher sticks, volunteer shirt, snacks, and beverages. You supply the energy! Meet at Cherry Avenue and Fernbank Street (west of Cherry Park). Park on the opposite side of the street from the Creek. All volunteers such as service organizations, scout groups, teens, kids and adults are welcome. **Minors must be accompanied by an adult.** All volunteers must sign a waiver form. Please wear appropriate footwear, sunscreen, and a hat.



Location: Cherry Ave and Fernbank St

For more info and to register call: The City of Lake Forest at 461-3450.

5 yrs -Adult May 21 Sat 9:00 -11:30 am

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

YOUTH

Kids' Factory

Kids' Factory is a FREE drop-in program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. This program offers recreational activities and is not considered an accredited child care program. All activities include crafts, sports, and games, which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, you can check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11:00 am.



Fee: FREE!

Locations: Aliso, Gates, Foothill, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada & Santiago Elementary Schools

To register: On-site registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981, press 3

Grades K-6 Sep 13-Jun 17 Mon-Fri
Times vary depending on school dismissal.

Spring Breakout Camp

Spring Break is here, and this year instead of just sitting around the house all day, "break out" of your habit and join us at "Spring Breakout Camp"! Every day will be filled with awesome activities including games and mini-excursions. On Wednesday we're going to Knott's Berry Farm! The ratio of this camp will be 8 kids to 1 staff member and kids will need to bring their lunch every day. Be ready to have the best spring break ever!

Fee: \$128.00 per participant – Resident
\$133.00 per participant – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2005 8-12 yrs Apr 18-22 Mon-Fri 8:00 am-6:00 pm



YOUTH SPORTS PROGRAMS



Goal Zone – Soccer

Are you interested in playing organized sports? Goal Zone is a five-week sport program for kids, grades 1-6. Enjoy the opportunity to gain the skills needed to excel and have fun.

Teams will meet once a week for four weeks to practice. At the end of four weeks, a team will travel to another school (transportation by school bus is provided) to compete against that school. Children must be picked up immediately following Goal Zone or be a registered participant in the Kids' Factory, after school drop-in recreation program at the school. **Days and times vary depending on school. Call for details.**

Fee: \$20 (includes t-shirt)

Locations: Aliso, Gates, Foothill, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada & Santiago Elementary Schools

For more info or to register call: SVUSD at 768-0981, press 3

Act #: 51719	1-6 grade	Feb 28-Mar 28	Mon	Portola Hills
Act #: 51720	1-6 grade	Feb 28-Mar 28	Mon	Foothill Ranch
Act #: 51721	1-6 grade	Mar 1-Mar 29	Tue	La Madera
Act #: 51722	1-6 grade	Mar 1-Mar 29	Tue	Gates
Act #: 51723	1-6 grade	Mar 2-Mar 30	Wed	Olivewood
Act #: 51724	1-6 grade	Mar 2-Mar 30	Wed	Lake Forest
Act #: 51725	1-6 grade	Mar 3-Mar 31	Thu	Aliso
Act #: 51726	1-6 grade	Mar 3-Mar 31	Thu	Rancho Canada
Act #: 51727	1-6 grade	Mar 4-Apr 1	Fri	Santiago

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

Track & Field

Do you like to run? Do you watch the Olympics and have the dream of competing or just being an avid runner? Learn some of the skills of track and field in a fun, recreational atmosphere. This is a six week program focusing on running, throwing, long jumping, sportsmanship and overall fun! This program will include a t-shirt and participation award for each child. First meeting will be an informational meeting only. Practices will include stretching and learning the skills needed to be a better track and field athlete.

Fee: \$45 (includes t-shirt)

Location: El Toro High School Track

For more info or to register call: SVUSD at 768-0981, press 3

Act #: 51718 6-14 yrs Apr 9-May 21* 9:00-11:00 am
*no class on Apr 23 & May 7

Lake Forest's Parent & Me Sports Camp

Does your little one dream of becoming a sports superstar? If so this camp is for you! Parents and kids will get a chance to interact with each other while learning the basics of several popular sports in this action-packed, week-long sports camp. We will focus on the benefits of sportsmanship, discipline and teamwork while we play several games including soccer, tee-ball, volleyball, and more. Our coach to camper ratio will be 5 to 1 so your little one will receive plenty of individual instruction. Camp includes a t-shirt, cold drinks and a special prize on the last day! Space is limited so sign-up today!

Instructor: Lake Forest Recreation Staff

Fee: \$40 per participant – Resident
\$45 per participant – Non-Resident
1 week camp

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2095 3-5 yrs Apr 18-22 Mon-Fri 9:00-10:00 am

Lake Forest's Junior Stars Sports Camp

Attention all Lake Forest athletes!!! Do you want to learn the skills needed to take your sports game to the next level? If so then this camp is for you! Participants will learn basic to advanced techniques for several different popular sports in this fun and exciting week long camp. We will focus on the benefits of sportsmanship, discipline and teamwork while we play several games including soccer, tee-ball, flag-football, volleyball, and more. All skill levels are welcome and our coach to camper ratio will be 5 to 1 so your child will receive plenty of individual instruction. Camp includes a t-shirt, cold drinks and a special prize on the last day! Space is limited so sign-up today!

Instructor: Lake Forest Recreation Staff

Fee: \$50 per participant – Resident
\$55 per participant – Non-Resident
1 week camp

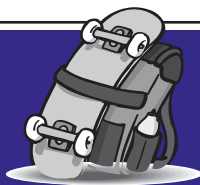
Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: On-line, Mail In, Walk-In

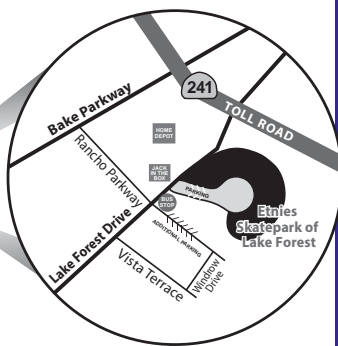
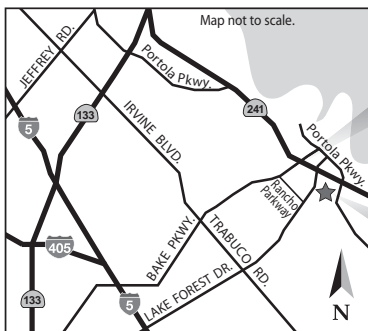
For more info call: The City of Lake Forest at 461-3450

Act #: 2097 6-8 yrs Apr 18-22 Mon-Fri 10:00-11:30 am

ETNIES SKATEPARK OF LAKE FOREST



**Etnies Skatepark
of Lake Forest**
20028 Lake Forest Drive
Lake Forest, CA 92630



Come visit Lake Forest's own world class skateboard facility. Growing to over 60,000 this spring, the Skatepark is a destination spot for skateboarders around the world. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free to ride. Non-Residents of Lake Forest must pay a nominal fee of \$5 for the printing of their ID card. Sessions are still free thanks to The City of Lake Forest.

Location: 20028 Lake Forest Dr

Phone: 916-5870

In the case of inclement weather, please call ahead to see if the Park is open.

Make sure to visit the Skatepark on the web at www.Etnieskatepark.com. The website features interactive tours of the Park, up-to-date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content including regular updates about the expansion project so stop by and check it out!

Skate Sessions

Mon	11:00 am-9:00 pm
Tues	1:00 pm-9:00 pm
Wed	11:00 am-7:00 pm
Thurs	11:00 am-9:00 pm
Fri	11:00 am-10:00 pm
Sat	10:00 am-10:00 pm
Sun	12:30 pm-9:00 pm

BMX Sessions

Tues	11:00 am-1:00 pm
Wed	7:00 pm-9:00 pm
Sun	10:00 am-12:30 pm



Expansion closures: Please call ahead during our expansion to ensure the Skatepark is open.

Spring Break Skate Camp

Do you typically sit around during your Spring Break? Maybe both parents are working and you are looking for something fun to do while on break. Here is your chance to hone your skateboard skills and have an awesome spring break. Each day of camp will consist of instruction, activities, skateboard movies, trick demos, games, and a snack break. There will also be a safety and information clinic to ensure all campers know how to wear their gear properly as well as tune up and adjust their skateboard to feel the most comfortable. Skatepark staff will help improve upon skills desired by the campers. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment and a snack/drink each day. All proceeds go directly to keeping the Park free.

Fee: \$195 per person. Limited to 10 per session.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

Act #: 2114 6-17 yrs Apr 4-8 Mon- Fri 10:00 am-2:00 pm

Act #: 2115 6-17 yrs Apr 18-22 Mon- Fri 10:00 am-2:00 pm



Band Nights at the Skatepark

This marks the seventh year of hosting all ages shows at the Skatepark. Past bands have included JFA, The Stitches, Smog town, McRad and a host of other great skate bands. Feel free to skate or watch from inside our viewing area while we raise money for the "Keep-N-It Free" campaign. The shows are supervised, safe, and fun for all ages. All proceeds raised go to "Keep-N-It Free". Please check out EtniesSkatepark.com for latest show news, photos, and event flyers.

Fee: \$5 donation per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

**For more info and specific bands playing, please call:
The Skatepark at 916-5870**

All Ages	Mar 18	Fri	6:00-10:00 pm
All Ages	Apr 15	Fri	6:00-10:00 pm
All Ages	May 27	Fri	6:00-10:00 pm

Spring 2011 Holiday Hours

The Skatepark will be closed Sunday, April 24 due to the holiday. BMX am sessions on April 5 and April 19 have been cancelled due to Spring Skateboard camp.



Birthday Parties at the Skatepark

Make your next party a Skate or BMX Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates!

Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- BMX parties are available during BMX sessions on Sundays from 10:00 am-12:00 pm.
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The picnic bench area is decorated and reserved for your party goers.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email Ngates@lakeforestca.gov or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.



Make sure to visit www.EtniesSkatepark.com. The website features interactive tours of the Park, up-to-date news, links to the Skatepark Twitter and Facebook, photos of recent events, video, and a collection of history and information about the Skatepark not available anywhere else on the web. It is updated weekly with new content so stop by and check it out! We've added a tab specifically dedicated to the expansion project with the most updated info.

Follow the Skatepark at
[Facebook.com/EtniesSkatepark](https://www.facebook.com/EtniesSkatepark),
[Twitter.com/EtniesSkatepark](https://twitter.com/EtniesSkatepark) or check
www.EtniesSkatepark.com for latest
 information on the Expansion Project!



Spring Skate Egg Hunt at the Park

Its springtime and time for the Skatepark to host its annual holiday egg hunt! Come and visit the Skateboarding Bunny, play in the jump houses, and participate in fun crafts. This is a family-friendly event and great for the young ones! The Park will be closed to riding during this event so it will be safe for all to enjoy. Eggs will be hidden throughout the Skatepark and will have small prizes inside each one. Please bring your own basket as we may have limited supplies for the event. The Egg Hunt starts at 11:15 am sharp so please don't be late or you will miss it! Depending on overall turn-out, participants may be limited in the amount of eggs they will be allowed to collect.



Fee: \$5 donation per person

Location: Etnies Skatepark of Lake Forest
 (20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages

Apr 23

Sat

11:00 am-1:00 pm



The Gathering – Where Art Meets Skateboarding

The second annual exhibition of skateboard art and photography with those who create it held at the best Skatepark around. Come enjoy the sounds of music, great atmosphere, and unique pieces of art. All for the great cause of raising money to keep the Park free. If you're interested in displaying your artwork, photography, or assisting in this fundraiser, please contact Nick Gates @ Ngates@lakeforestca.gov. Spaces are limited, so please contact us quickly.

Fee: \$5 per person

Location: Etnies Skatepark of Lake Forest
 (20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages

Apr 29

Fri

6:00-10:00 pm

Beginning Skateboard Lessons

Ever wanted to experience the rush of a skateboard, but lack the courage and the know how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. *No class on April 23.



Instructor: Skatepark Staff

Fee: \$55 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: On-line, Mail In, Walk In

For more info call: The City of Lake Forest at 461-3450

Act#: 2125	6 yrs and up	Mar 1-22	Tue	4:00-5:00 pm
Act#: 2126	6 yrs and up	Apr 5-26	Tue	4:00-5:00 pm
Act#: 2127	6 yrs and up	May 3-24	Tue	4:00-5:00 pm
Act#: 2128	6 yrs and up	Mar 5-26	Sat	9:00-10:00 am
Act#: 2129	6 yrs and up	Apr 2-30*	Sat	9:00-10:00 am
Act#: 2124	6 yrs and up	May 7-28	Sat	9:00-10:00 am

*No class on Apr 23

Intermediate Skateboard Lessons

Did you start in the beginning skate board lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basics but desire to improve. Skills covered in this class are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. *No class on April 23.

Instructor: Skatepark Staff

Fee: \$55 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: On-line, Mail In, Walk In

For more info call: The City of Lake Forest at 461-3450

Act#: 2131	6 yrs and up	Mar 1-22	Tue	5:00-6:00 pm
Act#: 2132	6 yrs and up	Apr 5-26	Tue	5:00-6:00 pm
Act#: 2133	6 yrs and up	May 3-24	Tue	5:00-6:00 pm
Act#: 2134	6 yrs and up	Mar 5-26	Sat	10:00-11:00 am
Act#: 2135	6 yrs and up	Apr 2-30*	Sat	10:00-11:00 am
Act#: 2130	6 yrs and up	May 7-28	Sat	10:00-11:00 am

*No class on Apr 23

BMX Private Lessons

Only a few parks in the nation open their doors to the use of BMX riders. The Etnies Skatepark of Lake Forest is one of the few and extends the invitation to ride your BMX and improve your skills with BMX private lessons. If it's your first day on a bike, or maybe in the Park, these lessons help develop basic skills riding park terrain. Jumps, ramps, and flow are all aspects of these areas covered during your lessons. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. Please note that during private lessons the Skatepark is still open to the public.

Instructor: Skatepark Staff

Fee: \$40 – per forty-five minute session. Sign up for a month of classes at \$140 (a discount of \$20; \$160 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

MARCH

Act#: 2137	Mar-A	6 yrs and up	Mar 6	Sun	9:00-10:00 am
Act#: 2137	Mar-B	6 yrs and up	Mar 6	Sun	10:00-11:00 am
Act#: 2137	Mar-C	6 yrs and up	Mar 13	Sun	9:00-10:00 am
Act#: 2137	Mar-D	6 yrs and up	Mar 13	Sun	10:00-11:00 am
Act#: 2137	Mar-E	6 yrs and up	Mar 20	Sun	9:00-10:00 am
Act#: 2137	Mar-F	6 yrs and up	Mar 20	Sun	10:00-11:00 am
Act#: 2137	Mar-G	6 yrs and up	Mar 27	Sun	9:00-10:00 am
Act#: 2137	Mar-H	6 yrs and up	Mar 27	Sun	10:00-11:00 am

APRIL

Act#: 2137	Apr-A	6 yrs and up	Apr 3	Sun	9:00-10:00 am
Act#: 2137	Apr-B	6 yrs and up	Apr 3	Sun	10:00-11:00 am
Act#: 2137	Apr-C	6 yrs and up	Apr 10	Sun	9:00-10:00 am
Act#: 2137	Apr-D	6 yrs and up	Apr 10	Sun	10:00-11:00 am
Act#: 2137	Apr-E	6 yrs and up	Apr 17	Sun	9:00-10:00 am
Act#: 2137	Apr-F	6 yrs and up	Apr 17	Sun	10:00-11:00 am

MAY

Act#: 2137	May-A	6 yrs and up	May 1	Sun	9:00-10:00 am
Act#: 2137	May-B	6 yrs and up	May 1	Sun	10:00-11:00 am
Act#: 2137	May-C	6 yrs and up	May 8	Sun	9:00-10:00 am
Act#: 2137	May-D	6 yrs and up	May 8	Sun	10:00-11:00 am
Act#: 2137	May-E	6 yrs and up	May 15	Sun	9:00-10:00 am
Act#: 2137	May-F	6 yrs and up	May 15	Sun	10:00-11:00 am
Act#: 2137	May-G	6 yrs and up	May 22	Sun	9:00-10:00 am
Act#: 2137	May-H	6 yrs and up	May 22	Sun	10:00-11:00 am
Act#: 2137	May-I	6 yrs and up	May 29	Sun	9:00-10:00 am
Act#: 2137	May-J	6 yrs and up	May 29	Sun	10:00-11:00 am

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

Private Skateboard Lessons

The skull bowl, vert wall, or even the 11 stair handrail may be the most intimidating of obstacles for the novice rider. The new private lessons offered at the Skatepark can cater to your skill level on any of the obstacles in the Skatepark. The lessons are taught by experienced riders who are capable of showing the beginners where to start and advanced riders new tricks such as switch stance, pool coping grinds and how to use the flow course to its full potential. Availabilities are limited so make sure to sign up quickly. These lessons are for young and old alike so don't be hesitant to dust off your old board and come on out for some fun and thrills.

Instructor: Skatepark Staff

Fee: \$30 – per half hour session. Sign up for a month of classes at \$100 per 4-lesson package (a \$120 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

MARCH

Act#: 2136	Mar-A	6 yrs and up	Mar 3	Thu	3:00 pm
Act#: 2136	Mar-B	6 yrs and up	Mar 3	Thu	4:00 pm
Act#: 2136	Mar-C	6 yrs and up	Mar 3	Thu	5:00 pm
Act#: 2136	Mar-D	6 yrs and up	Mar 3	Thu	6:00 pm
Act#: 2136	Mar-E	6 yrs and up	Mar 10	Thu	3:00 pm
Act#: 2136	Mar-F	6 yrs and up	Mar 10	Thu	4:00 pm
Act#: 2136	Mar-G	6 yrs and up	Mar 10	Thu	5:00 pm
Act#: 2136	Mar-H	6 yrs and up	Mar 10	Thu	6:00 pm
Act#: 2136	Mar-I	6 yrs and up	Mar 17	Thu	3:00 pm
Act#: 2136	Mar-J	6 yrs and up	Mar 17	Thu	4:00 pm
Act#: 2136	Mar-K	6 yrs and up	Mar 17	Thu	5:00 pm
Act#: 2136	Mar-L	6 yrs and up	Mar 17	Thu	6:00 pm
Act#: 2136	Mar-M	6 yrs and up	Mar 24	Thu	3:00 pm
Act#: 2136	Mar-N	6 yrs and up	Mar 24	Thu	4:00 pm
Act#: 2136	Mar-O	6 yrs and up	Mar 24	Thu	5:00 pm
Act#: 2136	Mar-P	6 yrs and up	Mar 24	Thu	6:00 pm
Act#: 2136	Mar-Q	6 yrs and up	Mar 31	Thu	3:00 pm
Act#: 2136	Mar-R	6 yrs and up	Mar 31	Thu	4:00 pm
Act#: 2136	Mar-S	6 yrs and up	Mar 31	Thu	5:00 pm
Act#: 2136	Mar-T	6 yrs and up	Mar 31	Thu	6:00 pm



APRIL

Act#: 2136	Apr-A	6 yrs and up	Apr 7	Thu	3:00 pm
Act#: 2136	Apr-B	6 yrs and up	Apr 7	Thu	4:00 pm
Act#: 2136	Apr-C	6 yrs and up	Apr 7	Thu	5:00 pm
Act#: 2136	Apr-D	6 yrs and up	Apr 7	Thu	6:00 pm
Act#: 2136	Apr-E	6 yrs and up	Apr 14	Thu	3:00 pm
Act#: 2136	Apr-F	6 yrs and up	Apr 14	Thu	4:00 pm
Act#: 2136	Apr-G	6 yrs and up	Apr 14	Thu	5:00 pm
Act#: 2136	Apr-H	6 yrs and up	Apr 14	Thu	6:00 pm
Act#: 2136	Apr-I	6 yrs and up	Apr 21	Thu	3:00 pm
Act#: 2136	Apr-J	6 yrs and up	Apr 21	Thu	4:00 pm
Act#: 2136	Apr-K	6 yrs and up	Apr 21	Thu	5:00 pm
Act#: 2136	Apr-L	6 yrs and up	Apr 21	Thu	6:00 pm
Act#: 2136	Apr-M	6 yrs and up	Apr 28	Thu	3:00 pm
Act#: 2136	Apr-N	6 yrs and up	Apr 28	Thu	4:00 pm
Act#: 2136	Apr-O	6 yrs and up	Apr 28	Thu	5:00 pm
Act#: 2136	Apr-P	6 yrs and up	Apr 28	Thu	6:00 pm

MAY

Act#: 2136	May-A	6 yrs and up	May 5	Thu	3:00 pm
Act#: 2136	May-B	6 yrs and up	May 5	Thu	4:00 pm
Act#: 2136	May-C	6 yrs and up	May 5	Thu	5:00 pm
Act#: 2136	May-D	6 yrs and up	May 5	Thu	6:00 pm
Act#: 2136	May-E	6 yrs and up	May 12	Thu	3:00 pm
Act#: 2136	May-F	6 yrs and up	May 12	Thu	4:00 pm
Act#: 2136	May-G	6 yrs and up	May 12	Thu	5:00 pm
Act#: 2136	May-H	6 yrs and up	May 12	Thu	6:00 pm
Act#: 2136	May-I	6 yrs and up	May 19	Thu	3:00 pm
Act#: 2136	May-J	6 yrs and up	May 19	Thu	4:00 pm
Act#: 2136	May-K	6 yrs and up	May 19	Thu	5:00 pm
Act#: 2136	May-L	6 yrs and up	May 19	Thu	6:00 pm
Act#: 2136	May-M	6 yrs and up	May 26	Thu	3:00 pm
Act#: 2136	May-N	6 yrs and up	May 26	Thu	4:00 pm
Act#: 2136	May-O	6 yrs and up	May 26	Thu	5:00 pm
Act#: 2136	May-P	6 yrs and up	May 26	Thu	6:00 pm

Skateboarding/BMX Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.



TEEN ACTIVITIES & EXCURSIONS

S.W.A.G.

Do you want to make a difference in your community? Do you wish there were more things to do in Lake Forest? Then get active in your community and make it happen by joining the S.W.A.G. Let your voice be heard! Help plan teen activities and excursions, be a part of the LFteens.com webpage design group, volunteer for City events, and be a part of your community. The committee meets twice a month.

Fee: Free!

Location: The Lounge at the Lake Forest Community Center
(25550 Commercentre Dr)

For More Info Call: 461-3446 or e-mail charris@lakeforestca.gov.

To Register: Please submit an ACT (Advisory Committee for Teens) application available at the Lake Forest Community Center or via the www.lfteens.com website.

Teens	Mar 2	Wed	6:00-7:00 pm
Teens	Mar 17	Thu	6:00-7:00 pm
Teens	Mar 30	Wed	6:00-7:00 pm
Teens	Apr 14	Thu	6:00-7:00 pm
Teens	Apr 27	Wed	6:00-7:00 pm
Teens	May 12	Thu	6:00-7:00 pm
Teens	May 25	Wed	6:00-7:00 pm



Queen Mary Ghost Tour

Experience the Queen Mary through the eyes of a psychic in this guided tour. This tour takes you on an authentic ghost exploration, where you visit all of the "Paranormal Hot Spots" not accessible to the general public. Prepare for the unexpected – visitors have often reported forms of unnatural activity, including audible sounds, smells, temperature changes and, occasionally, visual activity. Trip includes dinner, tour ticket, and transportation.

Fee: \$45 per person

Location: Queen Mary, Long Beach, CA

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

Registration Deadline: Wednesday, April 13 at 5:30 pm

For More Info Call: 461-3446 or e-mail charris@lakeforestca.gov.

Act #: 2099 Teens Apr 22 Fri 5:00-11:00 pm

2010/2011 SCHOOL YEAR

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box 360, movies, games, a computer lab, homework help and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the district's calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Thursday for the entire school year so the fun won't stop until it's summertime. **Pre-registration is required for this program.**

Fee: Free

Location: The Teen Lounge at the Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: 461-3446 or
via e-mail at charris@lakeforestca.gov

To Register: Pick up a registration packet at the Serrano or Los Alisos Middle School offices or at the Lake Forest Community Center.

Act #:1588 Teens Sep 13-Jun 21 Mon-Thu 3:30-6:00 pm (excluding school holidays)

THE Lounge



COMMUNITY SERVICES

Vacation Home Checks

Lake Forest Police Services offers FREE vacation home checks to our residents all year long. While you are out of town, our volunteers will check the exterior of your residence to make sure your home stays safe while you're away. All you have to do is fill out a form and submit it to our office. You can find detailed information on our City website at www.lakeforestca.gov under Police Services or by calling 461-3530.

Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall (25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

On-going Mon-Thu 8:00 am-6:00 pm

Free Mammograms

Did you know...Aside from non-melanoma skin cancer, breast cancer is the most common form of cancer in women and is the number one cause of cancer death in Hispanic women. It is the second most common cause of cancer death in white, black, Asian/Pacific Islander, and American Indian/Alaska Native women. The City of Lake Forest is partnering with YWCA North Orange County providing free mammograms, clinical breast exams, and breast self exam education for low income, uninsured women 40 years and older.

Fee: Free

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Appointments and questions call: The YWCA North Orange County (714) 871-4488, Ext. 207

Adult Women May 6 Fri 8:00 am-1:00 pm

SENIOR PROGRAMS

SENIOR TRANSPORTATION, AN EASIER WAY TO GO!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. It is mandatory that all reservations and cancellations be made at least 24 hours in advance. Cost is fifty cents per trip. For more information please call 461-3450.

Senior Monthly Calendar

Don't miss out on the *Senior Scene Clubhouse Calendar*. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).

Non-Emergency Medical Transportation

Age Well Senior Services, Inc. offers Lake Forest seniors (at least 60 years of age) non-emergency medical transportation to their medical facilities for \$2 one-way, within a designated service area. The program also serves Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange and the Long Beach Veterans Hospital. Rides are available Monday through Friday from 7:00 am to 6:00 pm. Participants must be ineligible for the OCTA Access service. Individuals who are currently utilizing OCTA ACCESS and are in a frail medical condition which creates a hardship, may be granted a waiver and be allowed to use the SNETM Program.

Riders must register with Age Well Senior Services, Inc. before using the service. For detailed information, call 949-855-9766.

BECOME A LAKE FOREST POLICE EXPLORER!

The Orange County Sheriff's Department (OCSd) Explorer program has several divisions throughout the Orange County. The qualifications to become an Explorer are:

- Must be 14 ½- 20 years old
- Must be out of middle school
- Good standing with school officials
- No previous criminal record
- A minimum 2.0 grade point average

The Explorers assist Lake Forest Police Services with special events, DUI/Driver's License checkpoints, child fingerprinting, traffic control, clerical work, training, natural disasters, Search & Rescue, and the lost child booth at the Orange County Fair. After Explorers graduate from a 5 day academy, they become eligible for patrol ride-a-longs, training in police services and tactics, and compete in national Explorer competitions. For more information, please contact 461-3545.



Senior Scene - A Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories!

You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.



Fee: Free!

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at bsilvey@lakeforestca.gov.

B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!

Seniors On-going Mon-Thu 10:00 am-2:00 pm

Please Note: The Senior Scene Clubhouse will be closed on the following date: Monday, May 30.



THURSDAYS

10:30 am: Bingo

12:00 pm: Hot Lunch

Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency. **Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.**



Fee: Free!

Location: Lake Forest Community Center, Computer Lab
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Seniors	On-going	Mon*	10:00 am-2:00 pm
Seniors	On-going	Wed	10:00 am-2:00 pm
Seniors	On-going	Thu	12:00-2:00 pm

* On Mondays (Feb 7 through Apr 11) the training room will be closed for Tax Preparations

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 31-32 for more info.

Crafty Crafters

The Senior Scene Clubhouse offers *Crafty Crafters* once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination!

Please call 461-3408 and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!



Fee: Free!

Location: Lake Forest Community Center, Activities Room
(25550 Commercentre Dr)



Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart ~ Lake Forest Seniors Reading Circle meets once a month at 10:00 am and discusses fiction and non-fiction books they've read...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,
El Toro Room
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Future books to be discussed and dates:

Mar 17	Thu	10:00 am	<i>The Private Patient</i> P. D. James
Apr 14	Thu	10:00 am	<i>Moloka'i</i> Alan Brennert (book provided)
May 19	Thu	10:00 am	<i>A Secret Kept</i> Tatiana Rosnay

Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call 461-3408 and leave your name and phone number and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.

Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks and a weekly putting contest.

Fee: Lake Forest Senior residents – \$53;
Non-residents – \$78

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at 588-0917

Session 48: Registration for Session 48 on Thu, Apr 14 only
Seniors Apr 14-May 19 Tue or Thu only 7:45-8:15 am tee times

Session 49: Registration for Session 49 on Thu, Jun 2 only
Seniors Jun 2-Jul 7 Tue or Thu only 7:45-8:15 am tee times

Senior Bowling League at Forest Lanes



Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$8.50 per resident senior (plus \$3.00 shoe rental)
\$10.50 per non-resident senior (plus \$3.00 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register Call: Forest Lanes at 770-0055

Seniors	On-Going	Fri	1:00-3:30 pm
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Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

HICAP

Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?

HICAP CAN HELP YOU! HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

Appointments are available from 10:00 am-2:00 pm on the *second Tuesday* of the month (March 8, April 12 and May 10).

**TO MAKE AN APPOINTMENT, PLEASE
CALL 461-3408 AND LEAVE YOUR
NAME AND PHONE NUMBER.**

Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP.....	888-687-2277
ACCESS (Reservations/Information) ..	877-628-2232
ACCESS (Eligibility)	714-560-5956
Age Well Senior Services, Inc.	855-8033 (formerly South County Senior Services)
Caregiving Resource Directory ...	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information.	714-567-7500
Elder/Disabled Adult Abuse.....	800-451-5155
HiCap Services	800-434-0222
Human Services Information.....	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels.....	855-8033
Medicare Fraud Hotline.....	800-447-8477
OCTA (Transportation).....	800-636-7433
Office on Aging.....	800-510-2020
Orange Caregiver Resource Center. .	800-543-8312

AARP Tax-Aide – Get Free Tax Help!!!

The City of Lake Forest and AARP are excited to offer this free tax preparation program to low and moderate-income taxpayers. AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns. Call and make your tax appointment today! **(You must have an appointment to participate in this program.)** It's as easy as 1-2-3! **Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., Partnerships, Rentals, Estates, and part-time California residence).**

Fee: Free

Location: Lake Forest Community Center, 25550 Commercentre Drive, Lake Forest (corner of Bake Parkway and Commercentre Dr) in the Community Center's Activities Room.

For an appointment call: 461-3408

Mondays – Feb 7, 14, and 28

Mar 7, 14, 21, and 28

Apr 4 and 11

What should you bring to your tax appointment?

- Current year's tax forms and preparation booklet
- Copy of last year's income tax returns
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-MISC, 1099R-Pension or annuity)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions

Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am.

Lunch includes a sandwich, fruit or veggie salad, 2 drinks and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program and reservations are also recommended. Reservations should be made by 1:00 pm on Thursdays for the following week. **If you would like to take your box lunch home, you must bring an insulated cooler.**



Fee: \$4.00 suggested donation
is requested per participant

Location: Lake Forest Community Center
(25550 Commercentre Dr)

**For more info or to register call:
The City of Lake Forest at 461-3445**

Seniors	On-going	Mon-Wed	11:30 am
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AARP Driver Safety Course

Would you like to be more confident behind the wheel? Would you like to feel secure in your knowledge of the ever changing rules, regulations and signs of the road? Then we have a class for you! This instructional class for the mature driver (50+) is sponsored by AARP. You will learn better driving techniques and ways to spot and correct bad driving habits. You will save on auto insurance and help to maintain mobility and independence after completing this great course. **In order to receive the certificate, you must attend both classes. Space is limited so pre-registration and pre-payment are required.**

Fee: \$12.00 (AARP members; \$14.00 non members) - 2 class session (**check made payable to AARP**)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In, Walk-In. No On-line Registration is available for this program.

For more info call: The City of Lake Forest at 461-3450

Act #: 2023 Apr 8 & 9 Fri/Sat 8:30 am-12:30 pm

St. Patty's Celebration "No Blarney" Luncheon

C'mere all you lads and lassies and we'll have a grand ol' time at the Ninth Annual St. Patty's Celebration. You will feast on "No Blarney" Corned Beef & Cabbage, "No Blarney" punch and "No Blarney" sweets...There's "No Blarney" about it...you're going to have a great time! Just a reminder...don't forget to wear something GREEEN! **Reservations are required as space is limited.**

Fee: Free (Lake Forest residents register
Tue., Feb 15; non-residents Tue., Feb 22)

Location: Lake Forest Senior Scene Clubhouse
(25550 Commercentre Dr)

For more info and to reserve a spot call: The City of Lake Forest at 461-3450

Act#: 2018 Seniors Mar 17 Thu 10:00 am-2:00 pm



Peace, Love and Happiness – 60's Style Dinner Dance

Last year we celebrated the 50's...now fast forward 10 years to the 60's. By the mid-60's a whole new way of fashion was introduced...who had the longest hair or the biggest afro...the girls or the guys? Bright colors, double-breasted sports jackets and yes polyester pant suits with Nehru jackets and turtle necks were vogue for the men. On the other hand, women dressed in mini-skirts with go-go boots, peasant skirts or granny dresses and chunky shoes...in fact, unisex dressing was very popular (bell bottoms, vests, love beads, and tie-died t-shirts). This will be a "far out" evening as you Twist, Watusi, and Pony to the sounds of the 60's. You'll enjoy an awesome catered dinner, DJ Doug Houston, and prizes. Space is limited, so make your reservation early!

Fee: \$7.00 per person (Lake Forest residents register
Tue., Feb 15; non-residents Tue., Feb 22)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2025 Seniors May 6 Fri 4:00-7:00 pm

Sixth Annual Excellence for Seniors Award Luncheon



2009 Jim Sax Award Recipient Robert McKinna

The Excellence for Seniors Award Luncheon will honor volunteers who have made an outstanding difference in the lives of our senior community and the City's programming efforts. The prestigious Jim Sax Award, along with other volunteer awards, will be presented to individuals who have made the largest impact on the City of Lake Forest's senior programs or facilities during 2010. The month of April is associated with a nationwide program that recognizes volunteers throughout the country. **Reservations are required as space is limited. This is a special luncheon; Bingo will not be included during this recognition program.**

Fee: Free
(Lake Forest residents register Tue., Feb 15; non-residents Tue., Feb 22)

Location: Lake Forest Community Center,
Community Rooms A/B (25550 Commercentre Dr)

For Reservations Call: The City of Lake Forest at 461-3450

Act #: 2019 Seniors Apr 28 Thu 11:30 am-1:00 pm

EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. ***Tickets that are purchased for City of Lake Forest Excursions are non-transferable.***



Fort MacArthur Museum & Ports of Call Village – San Pedro

The Fort MacArthur Museum is dedicated to the preservation and interpretation of the history of Fort MacArthur, a U.S. Army post which guarded the Los Angeles harbor from 1914 to 1974. The Museum was established in 1985, and it is housed in the corridors and galleries of historic Battery Osgood-Farley. The Fort MacArthur Reservations hold an important collection of historical structures which were part of the U.S. Army's role in the defense of the American continental coastline from invasion. The rooms, galleries and corridors of the Museum contain a variety of exhibits and displays which include: the history of Los Angeles harbor defenses, home-front activities in the greater Los Angeles area during the World Wars, Civil Defense, American Pacific Theater military campaigns, early American Air Defenses and the important role of Los Angeles as a military port for both the Army and the Navy. Next stop...Ports of Call Village an authentic New England-style seaside village where you will have an opportunity to shop and have lunch on your own (or bring a sack lunch). ***Note: This excursion involves excessive walking.***

Fee: \$40.00 per person (Lake Forest residents register Tue., Feb 15; non-residents Tue., Feb 22)

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-in, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act #: 2020 Adults/Seniors Mar 22 Tue 9:00 am-5:30 pm

"Hot in Cleveland" TV Taping starring Betty White at CBS Studio – Los Angeles

Don't miss this taping of TV Land's new comedy "Hot in Cleveland". The story-line revolves around three fabulous L.A. women of a certain age who are best friends (Valerie Bertinelli, Jane Leeves and Wendie Malick). Their lives are changed forever when their plane – headed for Paris – unexpectedly lands in Cleveland and they soon rediscover themselves in a new "promised land." Loving their new home, the women find themselves living under one roof and battling the sassy caretaker (Betty White) of the property they have rented. (A box meal consisting of sandwich, chips, and a cookie will be provided on the bus.)

Fee: \$25.00 per person

(Lake Forest residents register Tue., Feb 15;
non-residents Tue., Feb 22)

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-in, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act #: 2021 Adults/Seniors Apr 8 Fri 3:00 pm-12:00 am

Pechanga Resort & Casino – Temecula

A vast 200,000+ square foot gaming floor makes Pechanga California's biggest casino. A multitude of AAA 4-Diamond amenities and services make Pechanga California's best! Designed with player comfort in mind, the casino is equipped with a state-of-the-art air filtration system and offers extensive non-smoking areas. The casino's well-planned layout allows guests to move easily among more than 3000+ state-of-the-art slot and video machines and over 130+ table games including Blackjack, Three-Card Poker, Let it Ride, Mini Baccarat, Ultimate Texas Hold 'Em, Mystery Card Roulette, Buster Blackjack, EZ Baccarat, Fortune Pai Gow Poker, and Pechanga Craps. Dining options abound at Pechanga including quick service Mexican, Italian, Asian and American food court choices available at the Temptations Food Walk situated just off the casino floor.

Note: Participants receive a \$15 Downloadable EZ Play (gaming only) and new members receive an additional \$10 Club Dollars for gaming or buffet.

Fee: \$10.00 per person

(Lake Forest residents register
Tue., Feb 15; non-residents Tue., Feb 22)

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-in, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act #: 2022 Adults/Seniors May 23 Mon 8:00 am-5:30 pm

Three easy ways to register: on-line, mail-in
or walk-in! Turn to pages 31-32 for more info.

SENIOR EMERITUS CLASSES

through Irvine
Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

REGISTRATION FOR SENIOR EMERITUS CLASSES ONLY

To register for the Emeritus Classes
the following options are available.

On-Line Registration

log onto www.123getsmart.com.

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select class category (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order...click on the class you want.)
- Click on the Class Course Number for the section you want
- Click the "Add" button
- Click on "Create New Account" (your previous IVC Student Number and Pin Number do not work on this system)
- Fill in all your personal contact information.
- Choose the button to continue Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

Phone Registration

- Call 949-451-5555 Monday thru Friday 9:00 am-5:00 pm

Mail form and payments to:

- IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC:

- 949-451-5270

Computers

For information on future computer courses, please contact IVC at 949-451-5555.

Enrichment

Creative Needlepoint/Needle Arts

Develop your skills in needlepoint, knitting, and crochet at all levels. Focus on your ability to master the terminology, stitches and techniques of each needle craft at the student's level. Beginners are welcome!

Fee: \$25.00

Location: Santiago de Compostela Church
Community Center (21682 Lake Forest Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 65400 Seniors Jan 13-May 19 Thu 9:00-11:00 am

Fitness

It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$20.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 65615 Seniors Feb 10-May 5 Thu 10:00-11:30 am

Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$20.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 65605 Seniors Feb 8-May 3 Tue 12:30-2:00 pm

PLEASE NOTE: You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$20.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 65710 Seniors Feb 8-May 3 Tue 10:00-11:30 am

Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club (22921 Ridge Route)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 65510 Seniors Feb 8-May 3 Tue 2:00-3:30 pm

Tic#: 65505 Seniors Feb 10-May 5 Thu 2:00-3:30 pm

Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$36.00

Location: Lake Forest Community Center (25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 65760 Seniors Feb 9-May 4 Wed 1:00-2:30 pm

Tai Chi Ch'uan

This course presents Tai Chi Ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch'uan.

Fee: \$25.00

Location: Lake Forest Community Center (25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 65735 Seniors Feb 9-May 4 Wed 9:00-10:30 am

Advanced Tai Chi Ch'uan

This class is an advanced Tai Chi Ch'uan class for students Guang Peng Yang tai chi.

Fee: \$25.00

Location: Lake Forest Community Center (25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 66450 Seniors Feb 9-May 4 Wed 10:30 am-12:00 pm

RECREATION CLASSES

Preschool Programs

Pajama Time Preschool Party!

There is no need to dress up for this preschool party, just have your child come in their pajamas! We will sing songs, dance, play games, and make a craft-- all in our pajamas! And we'll also enjoy a tasty snack. And the best part is -- there's no bedtime! Parent participation is recommended for this program.

Fee: \$10 per person -- Resident

\$15 per person -- Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2007 2-5 yrs Mar 4 Fri 10:00-11:00 am

A Very Merry Un-Birthday Preschool Party

Is it your child's very merry un-birthday? Join us as we celebrate everybody's un-birthday at this "Alice in Wonderland" themed preschool party! There'll be lemonade and cookies, storytime, games, songs and a craft! Alice will be there and so will the Mad Hatter, the White Rabbit and the Cheshire Cat to join in the fun. Parent participation is recommended for this popular program. Don't be late to register for this



important date!

Fee: \$10 per person -- Resident

\$15 per person -- Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2008 2-5 yrs Mar 18 Fri 9:00-10:00 am

Act#: 2009 3-6 yrs Mar 18 Fri 11:00 am-12:00 pm

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 31-32 for more info.

Lake Forest All Stars Preschool Class



Recruiting all athletes!! If your child has a favorite sport and wants to have some fun then come enjoy our Lake Forest All Stars preschool class. Come dressed in your own sports jersey and show off your passion for the game with the rest of the little All-stars. Each craft-based class will be dedicated to one of the following sports themes: Basketball, Volleyball, Soccer and Baseball. Participants will sing songs, make crafts, play games and enjoy a delightful snack, all indoors! Parent Participation is recommended.

Fee: \$30 per person – Resident
\$35 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2103 2-5 yrs Mar 25-Apr 15 Fri 10:00-10:45 am



Sunny Days Sesame Street Class



Does your child like Kermit the Frog, Elmo, or the Cookie Monster? If so, come ready for some fun and games in our Sunny Days Sesame Street Preschool Class. Come to each class and find out what the Letter of the Day will be before the cookie monster eats it! And listen to Transylvanian "Count Von Count" for the Number of the Day! Participants will sing songs, make a craft, play games, enjoy a delicious snack, and have fun with their favorite Sesame Street characters! Parent participation is recommended.

Fee: \$30 per person – Resident
\$35 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2104 2-5 yrs Apr 29-May 20 Fri 10:00-10:45 am

Youth

Parent & Me Princess Ballet and Dance

Does your little one dream of being a Princess? If so, this is the class for her! The princess ballet series is an introduction to the fundamentals of ballet and creative movement with an element of fun and fantasy. With a little help from mom/caretaker, children use props, dress in princess attire, make princess crafts, have princess story time, dance to classical fairy tale music, and much more. Each session features a different princess and the instructor will provide princess attire and props. Parent participation is required. *For more information on Orange County Dance Productions classes, please visit OCDanceProductions.com.*

Instructor: Tiffany Esmond, OC Dance Productions

Fee: \$55 per Parent and Child couple – Resident
\$60 per Parent and Child couple – Non-Resident
(5-week session)

Material Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2012 1 ½-3 yrs Mar 7-Apr 4 Mon 10:00-10:45 am

Act#: 2014 1 ½-3 yrs Apr 25-May 23 Mon 10:00-10:45 am

Princess Ballet Series

This activity packed class is filled with ballet and creative movement with all the imagery that comes with being a fairy tale princess. Class consists of basic dance skills, creative dance and play, crafts and performance. Participants will dress up in the featured princess skirts with props and music to complete the Princess. Princesses will perform their new routines for family and friends on the last day of class. Each session consists of different featured princesses and crafts. Some parent participation is required. *For more information on Orange County Dance Productions classes please visit OCDanceProductions.com.* Participants should wear leotards, tights and ballet shoes.

Instructor: Tiffany Esmond, OC Dance Productions

Fees: \$55 per Parent and Child Couple – Resident
\$60 per Parent and Child Couple – Non-Resident
(5-week session)

Material Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2013 3-5 yrs Mar 7-Apr 4 Mon 11:00-11:45 am

Act#: 2026 3-5 yrs Apr 25-May 23 Mon 11:00-11:45 am

TriFyft Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFyft Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will allow them to experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFyft Sports Staff

Fee: \$79 per Parent and Child couple – Resident
\$84 per Parent and Child couple – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2030	2-4 yrs	Apr 8-May 27	Fri	10:00-10:30 am
Act#: 2031	1 ½-2 yrs	Apr 8-May 27	Fri	10:30-11:00 am

TriFyft Sports: Parent and Me Multi-Sport

This class is a great chance for parents to interact with their young ones while learning the basics of soccer, tee-ball and basketball with our TriFyft Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will allow them to experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFyft Sports Staff

Fee: \$79 per Parent and Child couple – Resident
\$84 per Parent and Child couple – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2033	2-3 yrs	Apr 2-May 21	Sat	10:00-10:30 am
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TriFyft Sports Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$79 per participant – Resident
\$84 per participant – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2028	2-3 yrs	Apr 8-May 27	Fri	3:30-4:00 pm
Act#: 2029	3-5 yrs	Apr 8-May 27	Fri	4:00-4:45 pm
Act#: 2036	5-7 yrs	Apr 8-May 27	Fri	5:00-5:45 pm

TriFyft Sports Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$79 per participant – Resident
\$84 per participant – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2027	2-3 yrs	Apr 5-May 24	Tue	3:30-4:00 pm
Act#: 2035	3-5 yrs	Apr 5-May 24	Tue	4:00-4:45 pm
Act#: 2037	5-7 yrs	Apr 5-May 24	Tue	5:00-5:45 pm

TriFyft Sports Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$79 per participant – Resident
\$84 per participant – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2032	3-5 yrs	Apr 2-May 21	Sat	9:00-9:45 am
Act#: 2034	5-7 yrs	Apr 2-May 21	Sat	10:30-11:15 am

"Spring Into Art" – Art Camp

This art camp is filled with creative and fun projects. Explore a variety of media such as acrylics on canvas, watercolors, pastels, clay sculpture and more! We will enjoy spring time through art as we draw and paint landscapes, still-life, animals and other themes. Clay projects will be glazed and fired. All art supplies and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$89 – Resident
\$94 – Non-Resident
(week-long camp)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2038	3-5 yrs	Apr 18-22	Mon-Fri	2:00-4:00 pm
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My Little Zoo

This class is full of fun and imagination! Join us as we create all kinds of animals using paint, clay, paper, fabric and more. We will read a short story and then create pieces of art such as bunnies surrounded by colorful gardens, a clay cave with a bear to tame and so much more! All art supplies and aprons are provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$65 – Resident
\$70 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$15 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2039 3-5 yrs Apr 27-Jun 8* Wed 10:00-10:45 am
*No class 5/11

Parent & Tot Art Time

Come explore a variety of art materials and fire up your little one's imagination in this interactive art class. Hands-on projects will include painting, drawing, printmaking, clay sculpture and much more! Parents will surely enjoy spending creative time with their little artists in this fun and unique course. All materials and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$65 – for parent and child- Resident
\$70 – for parent and child-Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$15 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2040 3-5 yrs Apr 27-Jun 8* Wed 11:15 am-12:00 pm
*No class 5/11

Parent & Me Ceramics

Roll, pinch and pound! Come and enjoy some creative time with your little one. Your young artist will enjoy a tactile experience with clay as we hand build playful projects step-by-step. A new project will be completed each week. All pieces will be glazed and fired and aprons will be provided. Parent participation is required.

Instructor: My Art Studio – Lucia Henry

Fee: \$69 – for parent and child-Resident
\$74 – for parent and child-Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

Act#: 2041 3-5 yrs Apr 11-Jun 6* Mon 2:15-3:00 pm
*No class 4/18, 5/9 & 5/16

Discover Ceramics

Have a blast learning how to turn clay into wonderful creatures and other fun creations. We will hand build each piece and learn techniques such as coiling, scoring and slab, and decorate them all with under-glazes. Different projects will be completed each week. All pieces will be glazed and fired and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$71 – Resident
\$76 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

Act#: 2042 6-12 yrs Apr 11-Jun 6* Mon 3:30-4:45 pm
*No class 4/18, 5/9 & 5/16

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo class on Tuesday, April 12th at 10:00 am, please RSVP 350-0985.**



Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$135 – Resident
\$140 – Non-Resident
(10-week session.) Babies under the age of 8 months free with registered sibling.

Materials Fee: A required \$40 fee which includes 2 CDs, parent guide and songbook, is due to instructor during first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2100 1-5 yrs Apr 18-Jun 27* Mon 4:15-5:00 pm
Act#: 2101 1-5 yrs Apr 19-Jun 21 Tue 9:15-10:00 am
Act#: 2102 1-5 yrs Apr 19-Jun 21 Tue 10:15-11:00 am
*No class 5/30

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

Orff Music Classes

This program provides an internationally recognized approach to music education developed by composer Carl Orff. Ear training, sight reading, notation and rhythmic abilities are all developed through speech, movement, songs, games and poetry. Participants will learn to play Orff instruments, such as xylophones, metalophones and glockenspiels. Improvisation, creativity, and well-rounded musicianship are all encouraged in this one of a kind music development course. **Free demo class on Monday, April 11th at 3:15 pm, please RSVP 350-0985.**

Instructor: Elena Salisbury

Fee: \$100 – Resident
\$105 – Non-Resident
(8 week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2105 5-7 yrs Apr 18-Jun 13* Mon 3:15-4:00 pm
*No class 5/30

Eutonic School of Music



The Eutonic School of Music offers a variety of classes for young and aspiring musicians. These classes are designed to enhance your child's understanding of music and increase their ability to play and perform. **A free demo class will be offered for each course the week of March 7th, please call (800) 457-3318 to reserve a spot as space is limited.**

Instructor: Eutonic School of Music Staff

Fee: \$90 – Resident
\$95 – Non-Resident
(6-week sessions)

Location: Eutonic School of Music
(25411 Trabuco Rd. Suite 221)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Drums (An additional \$10 material fee is due to instructor first class meeting)

Act#: 2106 6-17 yrs Mar 14-Apr 18 Mon 4:00-4:45 pm
Act#: 2107 6-17 yrs Apr 25-May 30 Mon 4:00-4:45 pm

Flute (An additional \$10 material fee is due to instructor first class meeting)

Act#: 2108 9-17 yrs Mar 15-Apr 19 Tue 3:30-4:15 pm
Act#: 2109 9-17 yrs Apr 26-May 31 Tue 3:30-4:15 pm

Children's Singing (An additional \$10 material fee is due to instructor first class meeting)

Act#: 2110 5-12 yrs Mar 15-Apr 19 Tue 4:30-5:30 pm
Act#: 2111 5-12 yrs Apr 26-May 31 Tue 4:30-5:30 pm

Violin (An additional \$12 material fee is due to instructor first class meeting)

Act#: 2112 6-17 yrs Mar 16-Apr 20 Wed 3:15-4:00 pm
Act#: 2113 6-17 yrs Apr 27-Jun 1 Wed 3:15-4:00 pm

Theater Games



Young thespians can enhance thinking skills, creativity, self-confidence, poise and expression while learning acting techniques for stage and television. Students will be involved in storytelling, pantomime, auditioning, skit performance and acting for television commercials. A tape of the students' work in class will be shown to an agent for possible representation.

Instructor: Tara Meyer

Fee: \$59 – Resident
\$64 – Non-Resident
(4-week session)

Material Fee: \$3 due to instructor during first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2043 8-14 yrs Apr 18-May 9 Mon 4:00-5:30 pm

Modeling Development

Develop your own personal style during this detail-oriented course. Students will learn poise, hair and make-up skills along with common industry practices. By the end of the class, participants will know how to produce an effective resume and the techniques involved in participating in a runway show.

Instructor: Tara Meyer

Fee: \$59 – Resident
\$64 – Non-Resident
(4-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Material Fee: \$5 due to instructor during first class meeting

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2044 8-14 yrs Mar 7-28 Mon 4:00-5:30 pm

Bumper Bowling

Kids will love this bowling class because with bumpers, there are no gutter balls. The first two weeks of this class are spent teaching basic delivery skills and etiquette, and the last six weeks are spent integrating these skills into individual league play, while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. Bowling balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2045 3-7 yrs Mar 5-Apr 23 Sat 9:30-10:30 am

Bowling for Fun

Here's a great way to improve your bowling skills and learn the basic fundamentals of bowling. The first two weeks of this class are spent teaching basic delivery skills and etiquette, while the last six weeks are spent integrating these skills into individual league play, all while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. House balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2046 8-17 yrs Mar 5-Apr 23 Sat 9:30-10:30 am

Girls VolleyHigh Program



Come join the Saddleback Valley Volleyball Club for great instruction and competition in this unique program. S.V.V.C.'s first-class facility and coaching will have you feeling and playing like a professional. Participants will learn new volleyball skills and techniques in each of the 8 structured meetings.

Instructor: S.V.V.C. staff

Fee: \$250 – Resident
\$255 – Non-Resident
(4-week session)

Location: Saddleback Valley Volleyball Club (26923 Fuerte Dr.)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2144 12-18 yrs Apr 4-27 Mon & Wed 4:00-5:30 pm

Youth Kung Fu and Conditioning Class

Kung fu stresses self-discipline, self-defense and personal growth. Students will learn that kung fu is about balance and self-discipline. Kung fu is not about winning or losing, it is about focus, enrichment and tolerance for others. This class will encourage self-control and respect for others. Classes are taught in a relaxed, social environment. In order to insure quality instruction and comfort, there is a **15-student limit** for this class. Ages 5 to 15 may attend. www.laukunedo.com. Free demo classes will be held on Monday, March 14th at 3:00 pm and Tuesday, March 15th at 4:00 pm. To register for demo class, please call 351-8493 as space is limited.

Instructors: Tai Weidmann and Mathew Carver

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(4-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspen St #207)

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 2047 5-9 yrs Mar 21-Apr 13 Mon/Wed 3:00-4:00 pm
Act#: 2048 5-9 yrs Mar 22-Apr 14 Tue/Thu 4:00-5:00 pm
Act#: 2049 10-15 yrs Mar 21-Apr 13 Mon/Wed 4:00-5:00 pm
Act#: 2050 10-15 yrs Mar 22-Apr 14 Tue/Thu 3:00-4:00 pm

Introduction to Junior Golf Academy

Come join us for an introduction into our year-round Junior Golf Academy. We teach the game of golf in a fun and safe environment. This course is designed to let your junior progress at their own pace, combining golf and sportsmanship skills. Clubs will be provided if needed.

Instructors: Brian Konrath and John Burkholder

Fee: \$39 – Resident
\$44 – Non-Resident

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2051	7-17 yrs	Mar 19	Sat	1:30-3:00 pm
Act#: 2052	7-17 yrs	Apr 2	Sat	1:30-3:00 pm
Act#: 2053	7-17 yrs	Apr 16	Sat	1:30-3:00 pm
Act#: 2054	7-17 yrs	Apr 30	Sat	1:30-3:00 pm

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting. \$25 materials fee due at first class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Location: Monday classes – Pittsford Park (21701 Pittsford Dr)
Wednesday classes – Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2055	3-5 yrs	Apr 4-May 23	Mon	3:30-4:30 pm
Act#: 2056	6-7 yrs	Apr 4-May 23	Mon	4:30-5:30 pm
Act#: 2057	8-12 yrs	Apr 4-May 23	Mon	5:30-6:30 pm
Act#: 2058	3-5 yrs	Apr 6-May 25	Wed	3:30-4:30 pm
Act#: 2059	6-7 yrs	Apr 6-May 25	Wed	4:30-5:30 pm
Act#: 2060	8-12 yrs	Apr 6-May 25	Wed	5:30-6:30 pm

Alphabet Soup & 1,2,3...Math is for Me

These educational classes are designed to prepare your child for early elementary school curriculum in a fun, developmentally appropriate way. Children will be exposed to the fundamentals of reading, language and math and feel confident in their abilities as they approach Kindergarten, elementary school and beyond.

Instructor: Iona Pally

Fee: \$100 – Resident
\$105 – Non-Resident
(8-week sessions)

Material Fee: An additional \$25 is due to instructor first class meeting for supply costs

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

Act#: 2147 Math is for Me 3½-6 yrs Mar 12-Apr 30 Sat 10:15-11:00 am
Act#: 2148 Alphabet Soup 3½-6 yrs Mar 12-Apr 30 Sat 11:15 am-12:00 pm

Family

Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$95 – Resident
\$100 – Non-Resident
(5-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2061 Families May 4-Jun 1 Wed 5:00-6:00 pm

Dog Obedience Class

This class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash. This course is designed for dogs at least 4 months of age or older.

(Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. On-line registration is not available for discount program.)

Instructor: Mari Quillman

Fee: \$65 – Resident
\$70 – Non-Resident
(8-week session)

Location: Heroes Park (25420 Jeronimo Road)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2062 Families Mar 16-May 4 Wed 7:00-8:00 pm



"Wallace Connally"

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness –
Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33-Non-Resident
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2063 10-Adult May 7 Sat 10:00 am-5:00 pm

CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope.** *Please Note:* This is not a Healthcare Provider level course. **(Pre-registration is required for this course and space is limited.)**

Instructor: Workshops on Wellness –
Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2064	10-Adult	Mar 16	Wed	7:00-9:45 pm
Act#: 2065	10-Adult	Apr 6	Wed	7:00-9:45 pm
Act#: 2066	10-Adult	May 7	Sat	12:30-3:00 pm

Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for three years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness –
Sabrina Bradley, MS, CHES

Fee: Free – Resident
\$5 – Non-Resident
(Pre-registration is required for this course and space is limited)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2067 10-Adult May 7 Sat 3:00-5:00 pm

Adult



Introduction to Golf



Come learn the fundamentals for full swing and short game technique in a supportive and relaxed atmosphere that puts an emphasis on having fun. Clubs will be provided if needed.

Instructor: Brian Konrath and John Burkholder – Lake Forest Golf and Practice Center staff

Fee: \$39 – Resident
\$44 – Non-Resident
(1-time session)

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2068	Adult	Mar 19	Sat	12:00-1:30 pm
Act#: 2069	Adult	Apr 2	Sat	12:00-1:30 pm
Act#: 2070	Adult	Apr 16	Sat	12:00-1:30 pm
Act#: 2071	Adult	Apr 30	Sat	12:00-1:30 pm

Adult Open-Gym Volleyball



Come on down to the Saddleback Valley Volleyball Club training facility for some action-packed games and excitement during their adult open gym hours. All skill levels are welcome, so whether you're a beginner or a pro you'll have a great time and get an awesome workout while playing this fantastic sport.

Instructor: S.V.V.C. staff

Session I Fee: \$25 – Resident
\$30 – Non-Resident
(5 weeks)

Session II Fee: \$20 – Resident
\$25 – Non-Resident
(4 weeks)

Location: Saddleback Valley Volleyball Club
(26923 Fuerte Dr.)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2145 18 yrs & up Session I Apr 1-29 Fri 7:30-11:00 pm

Act#: 2146 18 yrs & up Session II May 6-27 Fri 7:30-11:00 pm

Floral Design Workshops

Learn how to create artistic flower arrangements like a professional designer. These classes focus on basic floral design skills along with an introduction to design tools, flower descriptions and seasonal availability. Each student will create a beautiful flower arrangement using colors and flowers of the season. Students need to bring floral shears, wire cutters and scissors to class. Each workshop focuses on a different aspect of floral design. Note: The flower arrangements retail for approximately \$85 and will be taken home by the students.

Instructor: Theresa Hoefnagels

Fee: \$30 – Resident
\$35 – Non-Resident
(1-day workshop)

Materials Fee: An additional cash-only materials fee of \$35 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2072	Basic Design	Adult	Apr 6	Wed	6:00-7:30 pm
Act#: 2073	Intermediate Design	Adult	Apr 20	Wed	6:00-7:30 pm
Act#: 2076	Party Design	Adult	May 4	Wed	6:00-7:30 pm
Act#: 2074	Wedding Bouquet	Adult	May 25	Wed	6:00-7:30 pm
Act#: 2075	Advanced Design	Adult	Jun 8	Wed	6:00-7:30 pm

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

Yoga Booty Ballet

Come see what the hype is about! The YBB phenomenon started in LA, moved to DVD, and is now available to you! This LA workout for the "new millennium" is a fun, spirited way to get a great workout the Hollywood way. Participants work their body with a hybrid of hatha yoga, exhilarating cardiovascular dance, and the grace and strength training of ballet movements. This class will help create the long and lean muscles of a dancer while promoting weight loss, improving strength, conditioning, and overall wellness of body and mind. Participants should bring a yoga mat and water to class.

Instructor: Kim Esmond, OC Dance Productions

Fee: \$96 – Resident
\$101 – Non-Resident
(8-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2077 18 & up Mar 21-May 9 Mon 6:30-7:30 pm

Drums of Africa

This unique course is an introduction to the West African djembe ensemble and its rich traditions, cultural aspects and celebrations. Using traditional technique and rhythm patterns, we will explore the musical spirit of traditional as well as contemporary popular hand drumming. Instructor provides drums and you may bring your own djembe.

Instructor: George Medlock

Fee: \$64 – Resident
\$69 – Non-Resident
(5-week sessions)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2078 18 & up Mar 14-Apr 11 Mon 6:00-7:15 pm

Act#: 2079 18 & up Apr 18-May 16 Mon 6:00-7:15 pm

Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident
\$130 – Non-Resident
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2080 Adult Beg Mar 19-Apr 16 Sat 10:00-11:00 am

Act#: 2081 Adult Int Mar 19-Apr 16 Sat 11:00-12:00 pm

Kung Fu: Self-Defense

Over the course of 8 structured classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system that can save people's lives. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. **Free demo classes will be held on Monday, March 14th at 7:00 pm and Tuesday, March 15th at 6:00 pm. To register for demo class, please call 351-8493 as space is limited.** In order to insure quality instruction and comfort, there is a **15-student limit** for this class. CLASSES MEET TWICE A WEEK.

Instructors: Mathew Carver and Paul Bennett

Fee: \$100 per participant – Resident
\$105 per participant – Non-Resident
(4-week session; attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St #207) www.laukunedo.com

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 2082 Adult Mar 21-Apr 13 Mon/Wed 10:00 -11:00 am

Act#: 2083 Adult Mar 21-Apr 13 Mon/Wed 7:00-8:00 pm

Act#: 2084 Adult Mar 22-Apr 14 Tue/Thu 6:00-7:00 pm

Did you know you can register for classes and programs 24/7?



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online. activecommunities.com/lfreconline and you'll be on your way!

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

Tai Chi: Relaxation, Balance and Stress Reduction

Over the course of 8 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a **15-student limit** for this class. **Free demo classes will be held on Monday, March 14th at 6:00 pm and Tuesday, March 15th at 7:00 pm. To register for demo class, please call 351-8493 as space is limited.**

Instructors: Mathew Carver

Fee: \$100 – Resident
\$105 – Non-Resident
(4-week session-attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St #207) www.laukunedo.com

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 2085	Adult	Mar 21-Apr 13	Mon/Wed	6:00-7:00 pm
Act#: 2086	Adult	Mar 21-Apr 13	Mon/Wed	9:00-10:00 am
Act#: 2087	Adult	Mar 22-Apr 14	Tue/Thu	7:00-8:00 pm

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

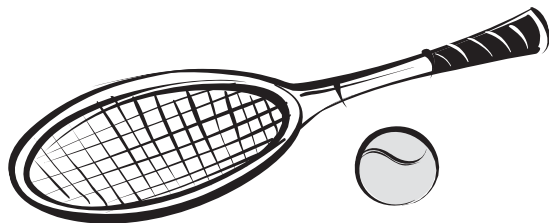
Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2088	16 yrs & up	Apr 9-May 28	Beg Sat	9:00-10:00 am
Act#: 2089	16 yrs & up	Apr 9-May 28	Int Sat	10:00-11:00 am



SPECIAL NEEDS

The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.

us too gymnastics, inc.
For kids who need a little extra help

Us Too Gymnastics ~ Mommy and Me

Our gymnastics class is specifically designed for children and teens with special needs (autism, down syndrome, etc.) Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our classes is 3-5 students with 2 teachers.

Instructors: Nol Ericson, Anne Rodgick, Jordan Richard, Lindsey Smith and Sommer Smith

Fee: \$125 per month – Resident
\$130 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Mail In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 2090	Walking-12 yrs	Mommy& Me	On-going	Tue	4:00-4:45 pm
Act#: 2091	Walking-12 yrs	Beg	On-going	Mon	3:00-3:45 pm
Act#: 2092	Walking-12 yrs	Int	On-going	Thu	5:00-5:45 pm

Pragmatics, Gymnastics, Discussion and Percussion

Social skills taught in themed weeks including a drum circle, community outings, gymnastics and recess play. Ideal for kids 7-11 needing a little extra help with topic maintenance, using expressions, reading social cues, accepting losing/being chosen last on a team, being a good sport, and much more.

Instructor: Shaun Howell M.S. CCC-SLP

Fee: \$60 per session/\$240 per month – Resident
\$65 per session/\$260 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Mail-In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 2093	7-11 yrs	On-going	Fri	5:00-6:00 pm
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Us Too Tap

Let your child tap their troubles away. This class will teach your child basic tap skills while they tap their feet to a real cool beat.

Instructors: Dawn Ferry

Fee: \$45 per month – Resident
\$50 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 2094	All Ages	Ongoing	Sat	10:00-10:30 am
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What Is VIP Soccer?

Soccer exclusively for players with special needs

American Youth Soccer Organization (AYSO) programs allow any child to enjoy the benefits of soccer, regardless of ability or circumstances, and to get the utmost benefit at every level- from beginner to advanced.

Very Important Player ("VIP")

VIP is a special program exclusively for players 4 years and older, facing special mental and/or physical challenges. The program has special rule allowances so more children can enjoy playing AYSO soccer. For all those parents who may have thought they would never see their mentally and/or physically challenged children playing a sport or making new friends, VIP gives them joy and hope. Their children will be part of a team, get great exercise, and most importantly, have fun!

To register or for more info
email Yvonne Arnett,
Lake Forest VIP Administrator,
at VIP@ayso85.org or
Kerry Mackey at VIP@ayso41.org.



Lake Forest Little League

The Challenger Division is looking for kids to play Baseball!

Challenger Baseball is a Little League baseball program open to boys and girls ages 6 to 18 with special needs.

PRACTICES: Friday afternoons at Foothill Ranch Community Park field, beginning in February 2011. The focus is on skillbuilding and teamwork.

GAMES: Saturday mornings, February to June 2011. Opening Day and Team Photos are in March. Closing Day Festivities are in June. The last game is played on the field at **Angel Stadium in Anaheim!**

COST: \$50.00 is the Little League fee. It covers a great team uniform, team photo, practice and field expenses. Bats and batting helmets are provided or you can use your own. Also included are the team awards and trophies for each player. There may be some incidental expenses (team party!), usually not to exceed \$25 over the season.

GAME FORMAT: We have fun! This is a self-confidence and skill-building team! Everyone goes to bat and swings until they hit. There are no outs and we do not keep score. The games are 2 innings only and everyone is a winner! We play with safety in mind and have a great time. Healthy snacks are served after each game.

Sound like fun? It is!

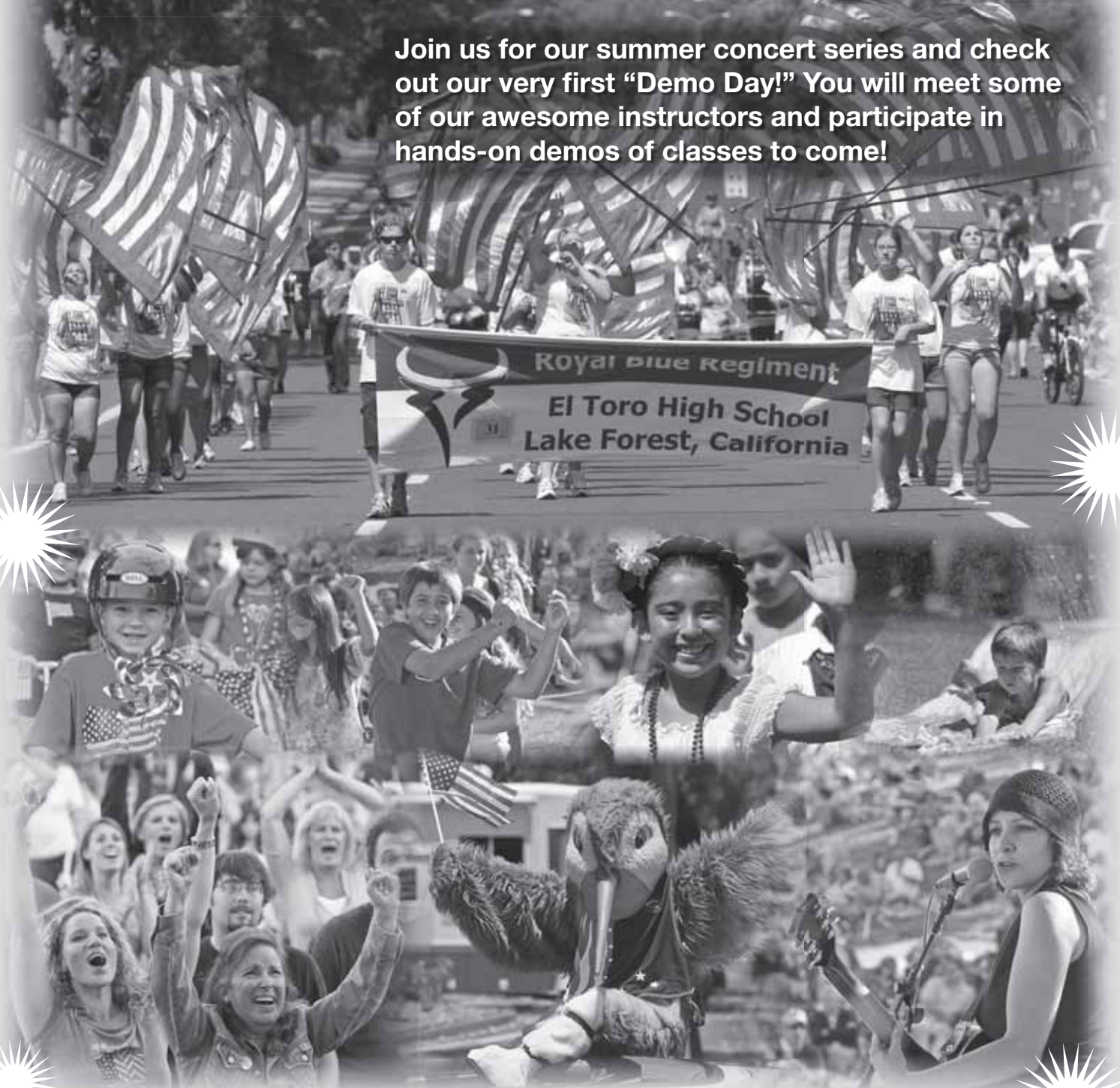
Come join the Lake Forest Little League!

For more info or to sign up call:
Coach Scott Birch at 830-7589 or
Melinda Luttrell at 837-3189 or email
us at challengers@lfl.org



Hot Fun in the Summertime!

Join us for our summer concert series and check out our very first "Demo Day!" You will meet some of our awesome instructors and participate in hands-on demos of classes to come!



Look for more info in your Summer Leisure Times at the beginning of May!



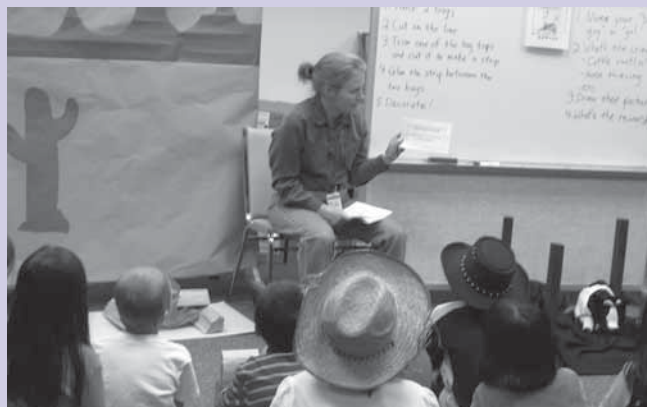
Spring 2011 Programs

El Toro Branch Library

24672 Raymond Way • 855-8173

ADMISSION FREE:

All programs made possible through the generosity of The Friends of the El Toro Library



CHILDREN'S PROGRAMS

Programs are held in the El Toro Library Community Room.

Toddler Time:

Babies ages 0-3 and their caregivers are invited to join us for a 30-minute program featuring songs, stories, rhymes and playtime. Mondays, April 4, 11, 18, 25, May 2, 9, 16, 23 beginning at 10:00 a.m.

Preschool Storytime:

Children ages 3-5 may come to a 30-minute storytime full of rhymes, stories, finger plays and more. Join us on Wednesdays, April 6, 13, 20, 27, May 4, 11, 18, 25, beginning at 1:30 p.m. Parents welcome.

Spanish Storytime:

Little ones ages 2-5 and their families are invited for a 30-minute program of stories, songs and rhymes in Spanish. Wednesdays, beginning at 3:00 p.m., April 6, 13, 27, May 4, 11, 18.

Afterschool Fun For Ages 6-10:

Special programs designed for ages 6-10. January 25 and **Beatrix Potter** – Actress Judith Helton portrays the beloved author of Peter Rabbit and other stories. Tuesday, March 22 starting at 4:00 p.m.

"Animal Tails" – Wonderworld Puppets presents 'The Tortoise and the Hare' and a puppet-making demonstration. Tuesday, May 24, at 4:00 p.m.

Please call the libraries for additional program information or visit www.ocpl.org

Foothill Ranch Library

27002 Cabriole Way • 855-8072

ADMISSION FREE:

All programs made possible through the generosity of The Friends of the Foothill Ranch Library

Programs are held in the Community Room.

To learn more, please contact the Information Desk.

CHILDREN AND TEEN PROGRAM

Most programs are held in the Community Room. *Read to a Dog* is held in the KidZone. For more information, please contact the Information Desk.

Pre-school Story Time:

Tuesdays, 10:30 a.m., April 5-May 24

Ages 3-5. Parents and caregivers welcome. Join us for a bloomin' good time as we enjoy stories, songs, finger plays and crafts together. Sessions last approximately 30 minutes.

Toddler Story Time:

Tuesdays, 11:30 a.m., April 5-May 24

Ages 0-3. Parents and caregivers welcome. Designed for the youngest of book lovers, these 30-minute sessions feature simple stories, fun rhymes and lap sit activities.

Family Evening Story Time:

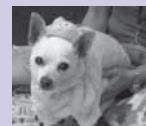
Wednesdays, 7:00 p.m., April 6 – May 25

Recommended for families with children up to eight years of age. 30 minutes of seasonal stories and activities that the entire family can enjoy. Pajamas and stuffed animals welcome!

Read to a Dog!

One Saturday per month, 11:00 a.m. - Noon

Recommended for ages 4-12. BARK (Beach Animals Reading to Kids) makes monthly library visits with certified therapy dogs. Children may register to read to our furry friends by calling or stopping by the Children's Information Desk. For scheduled dates, please call 855-8072. Gracie, Doheny, Sam, and the gang love books and kids!



Voices and Visions Contest – Monthly

For ages 12-18. Each month teens are invited to submit original, creative works in the areas of art, film, prose or poetry. For more information and entry forms, please see the Library's Teen Services page. Click from our website, www.ocpl.org.

ADULTS

Red Cross Blood Drive

Monday, Noon – 6 p.m., April 4

Save a life! Donate blood. Participants may schedule an appointment by contacting Laura Rudd at RuddLa@usa.red-cross.org, or by calling 439-0551. Walk-ins welcome.

HOW TO REGISTER

Spring 2011 Registration Dates

Lake Forest Residents: Tuesday, February 15

Non-Residents: Tuesday, February 22

3 easy ways to register:

1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, February 15**.

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at www.lakeforestca.gov and click on the on-line registration button located under Recreation Services or on the left hand side of the home page.



2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

Mail to: City of Lake Forest, Attn: Program Registration,
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630



3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630. Credit Cards are not accepted at City Hall for programs.



Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Tickets that are purchased for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list. You will receive a phone call if this occurs.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Registrant must meet the minimum or maximum age requirements for class enrollment.
6. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
7. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
8. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.
9. A \$5.00 non-resident fee will be applied to certain classes and programs.

Questions on
Registration?
Call 461-3450





City of Lake Forest • Community Services Division

Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____	First Name _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
Birthday _____ (mm/dd/yy)	Email _____	
Street Address _____	City, State, Zip _____	
Home Phone () _____	Work Phone () _____	
Emergency Contact _____	Emergency Phone () _____	

OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees

REFUND POLICY In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

 **If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.**

PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury. ☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

I permit the use of activity/event photography and/or video of my child or myself for media promotion. ☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: _____ ☐ Yes ☐ No

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Date _____

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**
ATTN: Program Registration
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630

Questions on
Registration?
Call 461-3450



Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

Office Use Only	Receipt# _____	Paid by Check# _____	Paid by Cash Amount _____	Initial/ Date _____	Conf _____
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Credit Card Payments are not accepted at City Hall

City Of Lake Forest Park Guide



CITY PARKS

		Acres	Barbecues	Basketball	Playground	Fitness/Walking	Picnic	Restrooms	Soccer	Baseball	Tennis Court
1	Alton Park 18992 Alton Parkway	2.3	4	1 ^{hc}	1		9				
2	Borrego Park 26982 Cabriole	11	5	1 ^{hc}	1	1	11	1	1		
3	Borrego Overlook Park 21 Viaggio Lane	1.6	3		1		5				
4	Cavanaugh Mini Park 23782 Cavanaugh Road	0.2		1 ^{hc}	1		1				
5	Cherry Park 22651 Cherry Avenue	4.5	6	1 ^{hc}	1		4 1 ^s				
6	Concourse Park 18931 Saddleback Ranch Road	7	2	1 ^{hc}	2	1	14 2 ^s				
7	Darrin Park 22461 Cherry Avenue	3.1	6	1 ^{hc}	1		11 1 ^s				
8	El Toro Park 23701 Los Alisos Boulevard	10	4		1		7 1 ^s	1			2 ^L
9	Etnies Skatepark of Lake Forest 20028 Lake Forest Drive	5.3			Skate- park L			1			
10	Foothill Ranch Community Park 19422 Rue De Valore	15.5		1 ^{fc}	1	1	7	1	1	2	2
11	Heroes Park 25420 Jeronimo Road	12.4	1			1	2	1	2	4	
12	Lake Forest Park 24000 Serrano Road	2.3			1						
13	Montbury Park 21962 Montbury Drive	3.5	1				2				
14	Mountain View Park 4061 Dylan Street	5.3	3	1 ^{fc} 1 ^{hc}	2		7 1 ^s			1	2 ^L
15	Nature Park 26215 Dimension Drive	4.5				1	1 ^s				
16	Peachwood Park 21132 Peachwood	2.7			1		4				
17	Pebble Creek Park 26441 Pebble Creek Road	1.9			1		1				
18	Pittsford Park 21701 Pittsford Drive	10	2		2	1	8 1 ^s	1			2
19	Rancho Serrano Park 20842 Paseo Sombra	5.1	3				7				
20	Ranchwood Park 22500 Killy Street	1.9		1 ^{hc}	1						
21	Regency Park Regency Lane & Osterman Road	5								1	
22	Ringate Park 29772 Ringate	5	1	1 ^{fc}	3		10 1 ^s				1
23	Serrano Creek Park 25101 Serrano Road	44	3		1	1	19 1 ^s	1			
24	Sundowner Park 22041 Sundowners Lane	0.8	1		1		2				
25	Tamarisk Park Tamarisk at Peachwood	11.2		1 ^{fc}	1		11			1	
26	Village Pond Park 23102 Ridge Route Drive	4.7					5				
27	Vintage Park 21000 Vintage Street	4.8	5	1 ^{fc} 1 ^{hc}	1		11				



renovation in progress

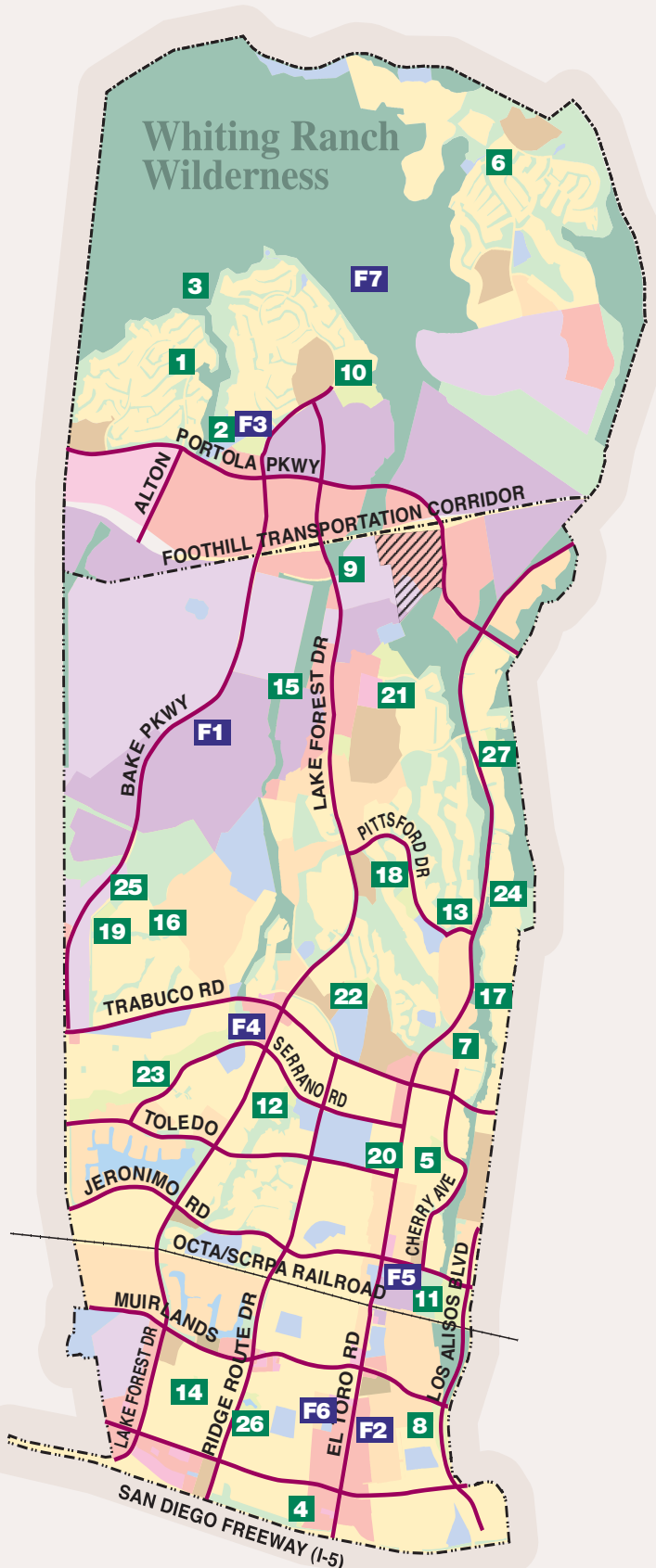


park shelter available for reservation

• ^{fc} full court • ^L lights
• ^{hc} half court • ^s shelter

OTHER FACILITIES

F1	City Hall	25550 Commercentre #100	461-3400
F1	Community Center	25550 Commercentre	461-3450
F2	El Toro Library	24672 Raymond Way	855-8173
F3	Foothill Ranch Library	27002 Cabriole	855-8072
F4	Heritage Hill Historical Park	25151 Serrano Road	923-2230
F5	Lake Forest Golf	23308 Cherry Avenue	859-1455
F6	El Toro Post Office	24522 Raymond Way	837-1976
F7	Whiting Ranch Regional Park	Trabuco Canyon	923-2245



Spring Is A Great Time To Visit Our Parks!

El Toro Park

Join us for Bunny Blast on April 16 and check out the newly renovated playground!



Pittsford Park

Plan to attend Prelude in the Park on May 22!



Serrano Creek Park

Have a picnic in the gazebo or stop by and swing on the playground!



Look for renovations at Tamarisk and Ringate Parks!



Tamarisk Park

See inside back cover for a complete guide to our 27 parks

**Parks
Make
Life
Better!**